

Idaho Department of Education

Page 1

Recipe

Mar 11, 2013

Recipe: 000184 Broccoli Monster Mash K-12

Recipe Source:

Recipe Group: VEGETABLES

Alternate Recipe Name:

Number of Portions: 100

Size of Portion: 1 square

Recipe HACCP Process:

902446 USDA Cheese, Mozzarella, LMPS, Loaves 100022..... 011156 CHIVES,RAW.....	1 5/8 LB 1 CUP, chopped	Preheat oven convection or conventional oven to 400°F. <u>Prepare Ingredients:</u> Shred cheese. Chop chives.
011383 POTATOES,MSHD,DEHYD,PREP FROM GRNLS W/ MLK,H2.... 902456 USDA Broccoli, Florets, Frozen 110282.....	4 LB 21 LB	<u>Cook Mashed Potatoes:</u> Cook mashed potatoes according to package directions. Note: be sure that the mashed potatoes that you use correlate with the mashed potatoes in your nutrient analysis. <u>Cook Broccoli:</u> Steam or boil broccoli according to the USDA foods instructions: <i>Stockpot or Steam-jacketed Kettle</i> : Add frozen broccoli to boiling water. After water boils again, reduce temperature. Cover and simmer for 5 to 10 minutes. Drain. <i>Steamer</i> : Place a single layer of frozen broccoli in a steamer pan. Steam uncovered for 3 to 5 minutes. Drain. Do not boil. Note: DO NOT OVERCOOK. Broccoli should be tender yet crisp. Chill in the refrigerator. Drain liquid that accumulates during chilling.
799903 GARLIC,GRANULATED..... 902474 Yogurt, Plain, Fat Free.....	4 TSP 6 CUP	<u>Prepare Creamy Mashed Potato:</u> In a large bowl combine garlic granules, yogurt, chives, mozzarella cheese, and mashed potatoes; mix well.
		<u>Assemble Broccoli Monster Mash:</u> Spray 4 deep steam table pans well with non-stick cooking spray. Divide broccoli evenly into four parts and lay evenly in the bottom of each pan. Using a rubber spatula, spread cheesy mashed potatoes over the top of the broccoli. <u>Bake Broccoli Monster Mash:</u> Bake for 20-30 minutes or until cheese is melted and the top begins to lightly brown. <u>Serve Broccoli Monster Mash:</u> Cut each pan into 25 servings. Serve hot.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Idaho Department of Education

Page 2

Recipe

Mar 11, 2013

*Nutrients are based upon 1 Portion Size (1 square)

Calories	80 kcal	Cholesterol	4.56 mg	Protein	4.24 g	Calcium	311.81 mg	30.34%	Calories from Total Fat
Total Fat	2.70 g	Sodium	108.05 mg	Vitamin A	26.66 RE	Iron	0.09 mg	12.66%	Calories from Saturated Fat
Saturated Fat	1.12 g	Carbohydrates	8.96 g	Vitamin A	170.78 IU	Water ¹	*14.23* g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	Dietary Fiber	2.50 g	Vitamin C	37.26 mg	Ash ¹	*0.18* g	44.82%	Calories from Carbohydrates
								21.19%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

<u>Miscellaneous</u>		<u>Attributes</u>	<u>Allergens Present</u>	<u>Allergens Absent</u>	<u>Allergens Unidentified</u>
Meat/Alt.....	0.25 oz				? - Milk
Grain.....	oz				? - Egg
Fruit.....	cup				? - Peanut
Vegetable.....	1 cup				? - Tree Nut
Milk.....	cup				? - Fish
<u>Moisture & Fat Change</u>					? - Shellfish
Moisture Change.	0%				? - Soy
Fat Change.....	0%				? - Wheat
Type of Fat.....					

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	902446	USDA Cheese, Mozzarella, LMPS, Loaves 10002			
I	011156	CHIVES,RAW			
I	011383	POTATOES,MSHD,DEHYD,PREP FROM GRNL			
I	902456	USDA Broccoli, Florets, Frozen 110282			
I	799903	GARLIC,GRANULATED			
I	902474	Yogurt, Plain, Fat Free			

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.